



Recommended Nutrition Books for California WIC Family Centered Education

Suggestions on What to Look in Selecting a Nutrition Book:

1. **Positive Nutrition Messages**-message kept fairly simple; variety of foods shown, (does not encourage unhealthy foods); food shown in context with family life; humor is a plus; overall that healthy foods are tasty and fun
2. **Diverse Families**-intergenerational, multicultural, flexible gender roles, single parents including dads, or grandparents as care providers; people pictured in the books are reflective of your audience
3. **Positive Social Interactions**-characters are shown interacting positively with one another or as part of a family or community
4. **Engaging Art Work**-bold, colorful pictures work well with children; attractive color schemes
5. **Simple Story Line**-age appropriate, some suspense can make it appealing to all ages including adults, story that encourages interaction yet is relatively short or easily shortened; rhyme & repetition add interest and participation
6. **Reinforces School Readiness**-exposure to letters, counting, rhyming, opportunities for social and emotional development
7. **Other Things to Consider**- availability in Spanish or in big book format

Suggestions on How to Use Nutrition Books for Group Sharing:

- Tie the book closely to your nutrition education topic but pick a book you like (if you have free choice).
- Read slowly and take time to look at the pictures together. Sometimes, you can show how a book can be read without always reading the words.
- Practice counting together or noticing what's happening.
- Don't be afraid to add drama to your voice and body language. Have everyone guess what might happen next.
- Pause and ask open-ended questions to encourage interaction.
- Props can be handy to reinforce the story and capture the interest of children, such as pictures of food or the foods themselves, puppets or flannel boards. Give out some props and have children show it at the right time in the story.

Children's Nutrition Books that can be used with Family Centered Education:

Fruits and Vegetables:

Name of Book /Author	Publisher	Story Line	Ages	Other information
How Are You Peeling? Foods With Moods <i>Saxton Freymann, Joost Elffers</i>	Arthur A. Levine <i>(Hardcover)</i> 48 pages	Fruits and vegetables made to look like faces with feelings. Large pictures and few words make it easy to use this book with a lot of different audiences.	4-8 years	Funny and attractive food Teaches social and emotional skills. Appealing to both adults and children. Few words.
Vegetal Como Eres: Alimentos con sentimientos	Mariposa <i>(paperback)</i> 48 pages			
Oliver's Vegetables <i>Vivian French</i>	Econo-Clad Books <i>(hardcover and paperback)</i> 22 pages	Refusing to eat any vegetables that are not french fries, Oliver visits his grandfather and is amazed at the wide variety of vegetables that grow in his garden, and vegetable eating soon becomes a game	4-8 years	Nice bold childlike pictures Shows multi generations Teaches about gardening, trying vegetables and new foods.
Oliver's Fruit Salad <i>Vivian French</i>	Orchard Books <i>(hardcover)</i> 32 pages	Oliver's grandfather grows fruit tastier than from a can or bottle. But it doesn't mean Oliver will eat any. It takes his clever grandparents to get him to try fruit salad and it's yummy!	4-8 years	Nice bold childlike pictures. Shows multi generations Teaches about fruits and trying new foods.
Eating the Alphabet <i>Lois Ehlert</i>	Harcourt <i>(paperback and board book)</i> 24 pages Red Wagon <i>(hardcover)</i> 28 pages	Pictures of fruits and vegetables from A-Z. Clearly labeled with both common and less common produce from all around the world.	Baby to Preschool	Bright watercolor collages of fruits Teaches color, alphabet, food names.

Fruits and Vegetables (continued):

Name of Book /Author	Publisher	Story Line	Ages	Other information
Big News! Straight from the ♥ La gran noticia! Directo desde el ♥	American Heart – 65-9103 American Heart – 65-9202	Animals find “good news” – giving messages of eating fruits and veggies, garden, low fat milk, no tobacco, exercise. These are BIG BOOKS – and have hidden hearts on each page.	Preschool – from their Heart power Preschool Box.	From their HeartPower! American Heart Association Schoolsite Program. Story rhymes, nursery rhymes, find the hearts.
All Our Fruits and Vegetables <i>Roberta Duyff</i>	Unknown	Preschool children plant, harvest, shop, taste, have veggie party, make fruit salad. Lots of questions “Find the veggies” and science “grow on a vine, a bush, . . .”	Preschool to 6 years	Many Hands Media Multi-cultural Variety of fruits and veggies – jicama, etc.
Handa’s Surprise <i>Eileen Browne</i>	Aims International Books Inc <i>(paperback)</i>	A young girl Handa puts seven delicious fruits in a basket to take to her friend, Handa’s walk takes her past a variety of animals, and the fruits “disappear”.	3-7 years	Location of book is Kenya; Teaches color, names of animals and fruits.
Pumpkin Fiesta <i>Caryn Yacowitz</i>	Harper Collins Juvenile Books <i>(hardcover)</i> 32 pages	Old Juana grows the best pumpkins. So how can Foolish Fernando win the pumpkin crown at the fiesta? Easy: He’ll just copy Old Juana. Exactly.	4-8 years	Includes old Juana’s recipe for Pumpkin Soup in a Pumpkin.
Mrs. McNosh and the Great Big Squash <i>Sarah Weeks</i>	Harper <i>(hardcover)</i> 24 pages	Squash grows gigantic and finally is picked and made into a house.	4-8 years	Rhyming words.
Apples, Apples, Apples <i>Nancy Elizabeth Wallace</i>	Winslow Pr <i>(hardcover)</i> 40 pages	Tells the story of the bunny family’s outing to the apple orchard. All the aspects of picking your own apples are presented. Information about apples is presented through the apple farmer. Includes recipe, song, and craft.	4-8 years	This appealing book uses pictures created using paper cutouts. Good book for tying into themes about apples.
Strawberries Are Red <i>Petr Horacek</i>	Candlewick Press <i>(Board Book)</i> 14 pages	There’s nothing like the deep, ruby red of strawberries, glistening orange of oranges, dusky blue of blueberries, and sunny yellow of bananas.	6 months-4 years	boldly hued watercolor-and-crayon artwork; simple text

Fruits and Vegetables (continued):

Name of Book /Author	Publisher	Story Line	Ages	Other information
The First Strawberries: A Cherokee Story <i>Joseph Bruchac</i>	Dial Books for Young Readers <i>(hardcover)</i> 29 pages Puffin <i>(paperback)</i> 32 pages	Retelling of a Cherokee legend that tells how strawberries came to be. The legend begins long ago when the first man and woman have a quarrel and only one berry has the power to reunite the couple. Cherokee tale of respect and friendship.	4-8 years	Watercolors capture details of dress, and lodging against an open landscape. Can be used to feature berries as well as to talk about friendship and respect.
Potatoes on Tuesday <i>Dee Lillegard</i> Papás el Martes	Goodyear Pub Co <i>(hardcover-board book size)</i>	Bright, crisp pictures invite young children to read on their own with predictable story patterns, memorable rhymes, and comforting repetition. Teaches days of the week using foods.	4-8 years	Tips at the back of the book guide parents in reading books with their children.
The Grey Lady and the Strawberry Snatcher <i>Molly Garrett Bang</i>	Aladdin Paperbacks <i>(Mass market paperback)</i> 48 pages Four Winds <i>(hardcover)</i> 48 pages	The Grey Lady loves strawberries. But so does the Strawberry Snatcher, and unfortunately for the Grey Lady he is not far away and getting closer all the time. Closer and closer he gets, and yet the Grey Lady escapes him until, in the heart of the forest, the Strawberry Snatcher discovers instead -- blackberries!	6 months to 4 years	Wordless book
Growing Colors <i>Bruce McMillan</i>	Mulberry Books <i>(paperback)</i> 32 pages	What color is a bean? Green? Or might it be purple? Does a plum grow in, on, or above the ground? Join the search in orchards and gardens for some of nature's gorgeous colors found in gardens and orchards--and expect the unexpected.	2-5 years	Stunning photographs of fruits and vegetables-- simple words
Tumbleweed Stew <i>Susan Stevens Crummel</i>	Harcourt	In this Stone Soup variant, Jack Rabbit tricks the other animals into sharing their vegetables to create a delicious stew. The story is fun.	6-8 years	Janet Stevens illustrates this with her own unique style.

Gardening:

Name of Book /Author	Publisher	Story Line	Ages	Other information
Growing Vegetable Soup <i>Lois Ehlert</i> A sembrar sopa de verduras	Harcourt <i>(hardcover and paperback)</i> 32 pages Libros Viajeros <i>(paperback)</i> 34 pages	Follows the process of gardening from planting seeds to making soup.	4-8 years	Not really a story but clearly shows pictures and explains what is needed to garden.
Ugly Vegetables <i>Grace Lin</i>	Charlesbridge Publishing <i>(hardcover)</i> 32 pages	Little girl and her mother dig, plant and water their garden which looks different from their neighbors. Neighbor's share the soup made from their ugly vegetables. Next year everyone plants each other's plants.	4-8 years	Asian family Shows community spirit Multi-ethnic characters Includes recipe for soup
I'm a Seed <i>Jean Marzollo</i> Soy Una Semilla	Cartwheel Books <i>(paperback-small size)</i> 32 pages Unknown	Two seeds are growing and one seed doesn't know what it is growing into.	3-6 years	Can read to adults and children. Beginner reader could read to parent. <i>(Big book in English)</i>
The Carrot Seed <i>Ruth Krauss</i> La semilla de zanahoria	Harper Trophy <i>(paperback-small size)</i> 24 pages Scholastic Paperbacks <i>(paperback)</i> 22 pages	A little boy plants a carrot seed and nothing seems to be growing, but then he harvests the huge carrot that was growing underground.	4-7 years	Dad is shown smoking a pipe. Not very colorful. Very simple and loved story.
Tops and Bottoms <i>Janet Stevens</i>	Harcourt Brace & Company <i>(School & Library Binding)</i> 31 pages	The clever Hare is to perform all the work of the garden with lazy bear allowing him to use the land. Bear gets to choose which he will receive – the tops or the bottoms. (And when he choose tops, of course hare only plants root vegetables.)	5-7 years	Lakeshore carries the Velcro storyboard. Funny. Shows cooperation.

Gardening (continued):

Name of Book /Author	Publisher	Story Line	Ages	Other info
Too many pumpkins <i>Linda White</i>	Holiday House (paperback) 32 pages	A lonely elderly lady, who gardens, hates pumpkins. One huge pumpkin falls from a passing truck and so she buries it so she won't ever see it again. Surprise, pumpkin plants take over her yard and through it she makes friends with the community.	5-8 years	Lots of words on one page
Pumpkin Fiesta <i>Caryn Yacowitz</i>	Harper Collins Juvenile Books (hardcover) 32 pages	Old Juana grows the best pumpkins. So how can Foolish Fernando win the pumpkin crown at the fiesta? Easy: He'll just copy Old Juana. Exactly.	4-8 years	Includes old Juana's recipe for Pumpkin Soup in a Pumpkin.
The Victory Garden Vegetable Alphabet Book <i>Jerry Pallotta and Bob Thomson</i>	Charlesbridge Publishing (paperback)	Alphabet book with some usual and unusual vegetables. Explains information on each of the vegetables that adults will even learn from. Shows the vegetables growing on top and under the ground.	5-10 years	Beautiful drawings –V explains the term victory garden of WWII.
Oliver's Vegetables <i>Vivian French</i>	Econo-Clad Books (hardback and paperback) 22 pages	Refusing to eat any vegetables that are not french fries, Oliver visits his grandfather and is amazed at the wide variety of vegetables that grow in his garden, and vegetable eating soon becomes a game.	4-8 years	Nice bold childlike pictures Shows multi generations Teaches about gardening, vegetables, and trying new foods.
The Tortilla Factory <i>Gary Paulsen</i> La Tortilleria	Voyager Books (paperback) 32 pages Libros Viajeros (paperback) 32 pages	How a seed becomes a tortilla. Simple text and striking paintings tell how corn is made into tortillas - and how the food they eat gives the workers the energy to grow more corn and make more tortillas.	4-8 years	This circular telling works nicely with the strong, attractive paintings that get texture from their linen surface.
We Can Eat the Plants <i>Rozanne Lanczak Williams</i>	Unknown 8 pages	A boy in the garden, picking the veggies for a picnic for him and his animal friends. "We can eat the roots. We can eat the stems. We can eat the leaves . . ."	5-8 years	Beginner Reader Book

Shopping:

Name of Book /Author	Publisher	Story Line	Ages	Other information
Feast for Ten <i>Cathryn Falwell</i> Fiesta Para 10	Clarion Books (paperback) 28 pages Scholastic 28 pages	Count from one to ten and then count again. Family shops, cooks, and sets the table. Everyone helps and the feasting begins.	1-5 years	Large pictures show African American family helping together. Teaches counting and basic shopping and food preparation.
Market Day <i>Lois Ehlert</i> Dia de Mercado	Voyager Books (paperback) (hardback) 36 pages Libros Viajeros	It's market day. Everyone's going to the town square for a farmer's market like no other and you are invited to come along.	4-8 years	Told with folk art from Central America Teaches about farmer's market
Jonathan Goes to the Grocery Store <i>Susan Baggette</i>	Brookfield Reader (hardcover) 16 pages	Jonathan's grandparents take him to the grocery store and to the library. Smiling, helpful employees greet him and interact with the toddler, providing positive experiences and evoking community spirit.	Baby to preschool	Uses photos to an adventure to the store. Shows grandparents as caretakers (Caucasian).
Shopping Basket <i>John Burningham</i>	Candlewick Press (School & Library Binding) (hardcover) (Paperback)	A jaunt to the store for groceries turns into an adventure when a series of animals each demand something from his basket. Steven gives snappy responses that save the foodstuffs, minus a few goodies.	4-8 years	Story becomes a counting exercise as readers keep track of the disappearing groceries.
What's for supper? - ¿Qué hay de almuerzo? <i>Mary Risk</i>	Barrons Juveniles (hardcover) 28 pages	Grocery shopping story where the family is shopping for dinner. They then have mom "rest" while they cook the surprise dinner with dad. Can you guess what it will be by the ingredients they bought?	Preschool	Baron's publisher. Also comes in French. (bilingual – Sp./Eng.)

Shopping (continued):

Name of Book /Author	Publisher	Story Line	Ages	Other information
Saturday Sancocho <i>Leyla Torres</i>	Farrar Straus & Giroux <i>(paperback)</i> 32 pages	Maria Lili spends Saturdays with her grandparents, Mama Ana and Papa Angelino, making a wonderful chicken stew called <i>sancocho</i> . One Saturday Mama Ana tells Maria Lili to put the eggs in a basket and accompany her to the market, where the two go from stall to stall, bartering their goods for the biggest chicken and vegetables. Good literature depicting the Latino culture.	4-8 years	Bright, lively watercolors capture the action and flavor of the marketplace, which is alive with colorful characters and unusual foods. Can use Mama Ana's <i>sancocho</i> recipe, found on the last page.
Sancocho Del Sabado	Scott Foresman <i>(paperback)</i> 32 pages			
Farmers Market <i>Carmen Parks</i>	Harcourt <i>Paper back</i>	From sun up to sun down, a young girl gets ready and goes to the Farmers' Market to sell fruits and vegetables with her family.	4-8 years	Green Light reader Pictures are painted from real photos of children.
To Market, To Market <i>Anne Miranda</i>	Harcourt <i>(hardcover)</i> 36 pages Voyager Books <i>(paperback)</i>	Uses familiar nursery rhyme to show how a trip to a Spanish Mercado ends in chaos with food and animals.	4-8 years	Teaches rhymes and positive food; funny.
Saturday Market <i>Particiia Grossman</i>	Lothrop, Lee and Shepard <i>(Hardcover)</i>	By Friday night, everyone is ready to go the Farmers' Market by dawn.	6-8 years	Beautiful illustrations. Somewhat complex for younger readers.

Trying new foods:

Name of Book /Author	Publisher	Story Line	Ages	Other information
I Will Never NOT EVER Eat a Tomato <i>Lauren Child</i>	Candlewick Press <i>(hardcover)</i> 32 pages	Funny picky eater book where a brother gets his little sister to try to eat different vegetables because he renames them.	3-8 years	Whimsical sketches are superimposed on textures from wallpaper to wood.
Gregory, the Terrible Eater <i>Mitchell Shamat</i>	Scholastic Trade <i>(paperback)</i> Simon & Schuster <i>(school & library binding)</i> 36 pages	Gregory, a goat, wants to only eat good food like vegetables and his parents are worried since he won't eat tin cans, etc.	4-8 years	Funny way to show children about trying new foods.
The Beastly Feast <i>Bruce Goldstone</i>	Henry Holt & Company <i>(school & library binding)</i> 32 pages	"Bears bring pears"; "Mosquitoes bring burritos"; "Fishes bring knishes. By the time the "armadillos bring some pillows" we are all ready for a nap. It's inspired nonsense for youngest listeners.	4-8 years	Rhyming words.
D.W. the Picky Eater <i>Marc Brown</i>	Little Brown & Co <i>(paperback)</i> 24 pages	Funny picky eater story where D.W. (Arthur's aardvark sister) hates spinach but when going to fancy restaurant tries a dish and loves it, spinach pie.	4-8 years	humorous
Green Eggs and Ham <i>Dr. Seuss</i> Huevos verdes con jamon	Random House <i>(School & Library Binding)</i> 62 pages Lectorum	Does not want to taste green eggs "not in a box, not with a fox" – finally does, and loves them.	3-8 years	Famous rhyming words Great book for picky eater class. Yes, the Spanish rhymes. <i>(Beginner Reader Book)</i>
Lunch <i>Denise Fleming</i>	Henry Holt & Company <i>(paperback)</i> 32 pages <i>(hardcover)</i> 30 pages	A hungry mouse eats through fruits and veggies. Each page you see part of the next veggie with two clues that includes the color.	Preschool	Teaches colors; Very interactive, Mouse becomes a mess of all the colors he ate.

Healthy Snacks:

Name of Book /Author	Publisher	Story Line	Ages	Other information
Bread and Jam for Francis <i>Russell Hoban</i> Pan y Mermelada Para Francisca	Harper Collins <i>(paperback)</i> 32 pages	Preferring her favorite snack to all other foods, Frances is disturbed when her parents agree to give her nothing but bread and jam to eat and eventually discovers the wonderful variety of cuisine's that are available.	4-8 years	An old favorite wonderfully re-illustrated.
The Cheerios Counting Book <i>Barbara McGrath</i> A Contrar Cheerios	Cartwheel Books <i>(paperback)</i> 32 pages Mariposa <i>(paperback)</i> 32 pages	Food is a major part of every toddler's day: holding it, playing with it, eating it, and, also, counting it. The Cheerios trade name may worry some but even the child who prefers eating Cornflakes will enjoy counting and grouping the small, firm grainy circles. Clear, colorful pictures show a big numeral and individual pieces of cereal on each page, first from 1 to 10, then in groups of 10 to 100.	6 months to 4 years	The text is almost irrelevant; need no specific words to tell how to count and interact. ("You can count cereal. You're counting just fine. See seven. Here are eight"). The margins include fruits and slices of fruit for each number.
Mr. Sugar Came to Town/La visita del Sr. Azúcar <i>Harriet Rohmer and Cruz Gomez</i>	Children's Book <i>(paperback)</i> 32 pages	Children love Grandma Lupe's tamales but Mr. Sugar comes to town in his magical truck and offers children all the goodies they can eat. The children stuff themselves with treats and strange things happen to them.	4-8 years	
Prudence's Book of Food <i>Alona Frankel</i>	Harper Festival <i>(hardcover)</i> 40 pages	Why, what, and when does Prudence eat? Prudence explores food and where it comes from.	4-8 years	Shows breastfeeding but also show bottle.

Breastfeeding:

Name of Book /Author	Publisher	Story Line	Ages	Other information
Mama, Mama <i>Jean Marzollo</i>	Harper Festival (hardcover) 14 pages	Mama animals and their babies: breastfeeding leopard "Mama, Mama, soft as silk, give me warmth and give me milk."	Newborn and up	Simple rhyme (Board book)
We Like to Nurse <i>Chia Martin</i>	Hohm Press (paperback-board book size) 28 pages	Nursing as natural part of life for many animals including humans.	4-8 years	Promotes breastfeeding; pictures are a little primitive and not as detailed as they could be.
Breastmilk Makes My Tummy Yummy <i>Cecilia Moen</i>	Midsummer Press (hardcover-board book size) 24 pages	A picture book for children celebrating the joys of breastfeeding. The color illustrations show breastfeeding scenes parents and children will recognize with a smile.	4-8 years	From tiny newborns to tandem feeding siblings, this book shows children of all ages all around the world enjoying one of their favorite things. Each picture is accompanied by a short verse in rhyme.
I'm Made of Mama's Milk <i>Mary Olsen</i>	Mary Olsen Books (hardcover) 24 pages	Throughout this sturdy, 24-page board book, a delighted nursling describes her love for nursing, how breastfeeding benefits her, and when, where, and how she nurses...all while in the loving presence of her parents.	2-5 years	Soft pictures

Breastfeeding (continued):

Name of Book / Author	Publisher	Story Line	Ages	Other information
I Eat at Mommy's <i>Anna Bradley-McBeth</i>	Big Brain Publishing (hardcover) 41 pages	This children's book has all the ingredients of a classic children's story: original and captivating illustrations, humor, an array of realistic and interesting characters; and that essential ingredient of so many children's classics, a story which can be read on many levels. It tells the story of Bridget, an articulate toddler who loves to breastfeed, or "eat at mommy's".	4-8 years	Although unmistakably American, this book is universal in its positive messages about extended breastfeeding.
Over the Green Hills <i>Rachel Isadora</i>	Greenwillow (hardcover) 32 pages	A young boy, his mother and baby sister take a long walk to another village in South Africa. Along the way they make stops so the mother can breastfeed the baby.	4-8 years	Beautiful watercolor pictures. Depicts African way of life.

Physical Activity:

Name of Book /Author	Publisher	Story Line	Ages	Other info
Barnyard Dance! <i>Sandra Boynton</i>	Workman Publishing Company <i>(hardcover board book)</i> 24 pages	In Barnyard, farm animals dance a boisterous, breathless, knee-slapping reel called, with great panache, by a fiddle-playing cow: "Bow to the horse / Bow to the cow / Twirl with the pig if you know how".	6 months to 5 years	Great square dance rhythms and simple, humorous pictures. <i>(Board book)</i>
From Head to Toe <i>Eric Carle</i>	HarperCollins <i>(hardcover-board book)</i> 26 pages	In each two-page spread, a child is paired with an animal, and kids are invited to make the same movement as the duo. Usually, the movement is one that comes naturally to the animals - an elephant stomps its feet, and so does a girl; a gorilla thumps its chest, and so does a young boy. The oversize art set against expanses of white will intrigue young children, who will enjoy both seeing the art and doing their own movements.	6 months to 5 years	The book will work well in story hours: a bit of wiggling and thumping will make a pleasurable break in the listening.
Get In Shape, Jonas - A Wimzie's House™		When Jonas discovers that he can't lift his bucket of special dirt, Wimzie and the gang convince him that it's time for him to get out and exercise. It sounds great to Jonas until he realizes how hard it is to get in shape. Lucky for him, he has Wimzie and the gang to help him understand how fun being fit can really be.	4-8 years	Good story for showing fitness. <i>(Storybook)</i>

Physical Activity (continued):

Name of Book /Author	Publisher	Story Line	Ages	Other info
Jump Frog Jump <i>Robert Kalan</i>	Mulberry Books <i>(paperback)</i> 32 pages William Morrow & Company <i>(hardcover)</i> 32 pages	This is the turtle that slid into the pond and ate the snake that dropped from a branch and swallowed the fish that swam after the frog -- JUMP, FROG, JUMP!" This infectious cumulative tale will soon have the young frogs you know jumping and chanting with joy.	2-5 years	Bold pictures in primary colors
Stomp, Stomp <i>Bob Kolar</i>	North South Books <i>(library binding)</i> 32 pages <i>(hardcover)</i> 32 pages	In about three dozen words, Kolar chronides the noisy progress of a small green dinosaur who is stomping his (or her) way through the neighborhood. He merrily stomps out of his home (leaving a disgruntled parent behind), clomps over the hills, trounces, pounces, and whoop-de-dos, shaking the ground, rattling his cohorts, booting all those in his path. The appeal of this book is directly proportional to the vigor with which it is read aloud.	2-5 years	The color scheme--lime, aqua, and purple--of the wet-on-wet watercolors seems as willfully crazy as the small hero.

Physical Activity (continued):

Name of Book / Author	Publisher	Story Line	Ages	Other info
<p>Hop Jump</p> <p><i>Ellen Stoll Walsh</i></p> <p>Salta y brinca</p> <p><i>Translated by Alma Flor Ada and F. Isabel Campoy</i></p>	<p>Voyager Books (paperback)</p> <p>Harcourt (School & Library Binding; Spanish paperback)</p>	<p>Betsy the dancer watches the other frogs go back and forth, back and forth, "Hop jump, hop jump. It's always the same."</p> <p>At first an outcast for her leaps and turns, she eventually inspires the others to try their own moves. When the other frogs then thoughtlessly turn on the last happy hopper, spurning his hopping and jumping, Betsy comes to the rescue, stating categorically that there's room for both dancing and hopping.</p>	3-8 years	Using collages of textured and speckled paper against a spare, white background, Walsh creates a series of dynamic double-page spreads that will have kids hopping, jumping, and dancing.
<p>I Went Walking</p> <p><i>Sue Williams</i></p> <p>Salí de paseo</p> <p><i>Translated by Alma Flor Ada</i></p>	<p>Red Wagon (boardbook) 30 pages</p> <p>Voyager Books (paperback)</p> <p>Gulliver Books (School & Library Binding) 32 pages</p> <p>Harcourt (Spanish translation)</p>	<p>The simplicity and repetition of the text and the simplicity and boldness of the illustration make this melodious guessing-game concept book (in which a young child goes for a walk and collects a procession of colorful animals), work perfectly in board-book format.</p>	6 months to 5 years	Features lively watercolor illustrations.

General:

Name of Book / Author	Published	Story Line	Ages	Other information
<p>La Gallinita Rosa</p> <p><i>Lucinda McQueen</i></p> <p>Elva R. Lopez (translator)</p>	Scholastic	In this Spanish translation of a classic story, no one will help the Little Red Hen plant, harvest or make the bread.	4-8 years	Traditional story in Spanish.
<p>The Little Red Hen and the Ear of Wheat</p> <p><i>Mary Finch</i></p> <p>La gallinita roja y la espiga de trigo</p>	<p>Barefoot Books</p> <p>(paperback)</p> <p>32 pages</p> <p>Barefoot Books</p> <p>(paperback)</p> <p>32 pages</p>	Small children will be delighted by the accessible retelling of this well-loved story and by the bold and colorful illustrations. In this version-everyone helps in the end. Includes a simple bread recipe.	3-5 years	Shows cooperation- could be used to promote family meals and working together.
<p>The Runaway Rice Cake</p> <p><i>Ying Chang Compestine</i></p>	<p>Simon & Schuster</p> <p>(school & library binding)</p> <p>40 pages</p>	A tale of tenderness and sharing. It is Chinese New Year's Eve, and the Chang family has just enough rice flour to make one New Year's rice cake. However, when the ni n-gao is cooked, it comes to life, and leads the Changs on a merry chase through the village. The errant cake is finally caught and the youngest son suggests that they share the cake with a poor woman. Magically, more and more food appears on the table, until there is enough for everyone to eat.	4-8 years	Figurative drawings, while reminiscent of the have a soft and whimsical nature. A brief pronunciation guide, along with information about the New Year and two recipes, extends the story.

General (continued):

Name of Book /Author	Publisher	Story Line	Ages	Other information
Ananse's Feast: An Ashanti Tale <i>Tololwa Mollel</i>	Clarion Books (paperback) 32 pages	In this funny tale, Ananse the spider devises a tricky way to avoid sharing his tasty feast with Akye the turtle. But when Akye serves his own feast, he turns the tables on Ananse, who is forced to go away hungry.	4-8 years	Bright pictures with layers of color, the oil-and-colored-pencil artwork. (African tale)
The Tortilla Factory <i>Gary Paulsen</i> La Tortilleria	Voyager Books (paperback) 32 pages Libros Viajeros (paperback) 32 pages	How a seed becomes a tortilla. Simple text and striking paintings tell how corn is made into tortillas - and how the food they eat gives the workers the energy to grow more corn and make more tortillas.	4-8 years	This circular telling works nicely with the strong, attractive paintings that get texture from their linen surface.
Stone Soup <i>Retold by: Heather Forest</i>	August House Pub (paperback) 32 pages August House Little Folk (hardcover) 32 pages	Retells the familiar Stone Soup story where the people of a town make a soup by starting with a stone and adding items.	4-8 years	Bold, colorful illustrations make this a better choice than the traditional Marcia Brown version.
Sopa De Piedras <i>Marcia Brown</i>	Lectorum Pubns (paperback)	Stone Soup story in Spanish.	4-8 years	
Button Soup <i>Doris Ogel</i>	Gareth Stevens (Library Binding) 32 pages Bantam Doubleday Dell Pub (paperback) 32 pages	Use's a young child's friendship with a homeless person to retell the story of Stone Soup with a button.	4-9 years	Ready to Read-Grades 1 to 3; Explores issues of community and homelessness

General (continued):

Name of Book / Author	Publishing	Story Line	Ages	Other info
Saturday Sancocho <i>Leyla Torres</i>	Farrar Straus & Giroux (paperback) 32 pages	Maria Lili spends Saturdays with her grandparents, Mama Ana and Papa Angelino, making a wonderful chicken stew called <i>sancocho</i> . One Saturday Mama Ana tells Maria Lili to put the eggs in a basket and accompany her to the market, where the two go from stall to stall, bartering their goods for the biggest chicken and vegetables. Good literature depicting the Latino culture.	4-8 years	Bright, lively watercolors capture the action and flavor of the marketplace, which is alive with colorful characters and unusual foods. Can use Mama Ana's <i>sancocho</i> recipe, found on the last page.
Sancocho Del Sabado	Scott Foresman (paperback) 32 pages			
Too Many Tamales <i>Gary Soto</i>	Scott Foresman (paperback)	Maria tries on her mother's diamond ring while she helps her parents make tamales for Christmas dinner. She and her three cousins eat all twenty-four of the increasingly less delicious tamales to find the lost ring.	4-8 years	Warm oil paintings celebrate the riches of South American Christmas colors. And a non-religious glimpse into a Latino household.
Que Monton de Tamales!	Scott Foresman (paperback) 30 pages			
Pancakes for Breakfast <i>Tomie dePaola</i>	Voyager Books (paperback) 32 pages Harcourt (School & Library Binding-board book size) 32 pages	The story can be told slightly different each time you read it since there are no words. As the main character attempts to make breakfast, her dog and cat decide to help themselves to breakfast as well.	6 months to 8 years	Wordless book! Great for showing where food comes from.

General (continued)

Name of Book / Author	Publisher	Story Line	Ages	Other information
<p>The Very Hungry Caterpillar</p> <p><i>Eric Carle</i></p> <p>La Oruga Muy Hambrienta</p>	<p>Dimensions (paperback)</p> <p>Philomel Books (hardcover and board book) 24 pages</p> <p>Philomel Books (hardcover) 24 pages</p>	<p>One sunny day, a caterpillar pops out of an egg. He is very hungry and begins searching for food. Following the ravenous caterpillars' path as he eats his way through one apple (and the pages of the book itself) on Monday, two pears on Tuesday, three plums on Wednesday, and so on, through cherry pie and sausage -- until he is really fat and has a stomachache. And no doubt you know what happens next!</p>	<p>2-5 years</p>	<p>Simple story with nice suspense and three-dimensional art work. Illustrates how food is needed to build young bodies.</p>
<p>Today is Monday</p> <p><i>Eric Carle</i></p>	<p>Paper Star (paperback) 32 pages</p>	<p>This is cute book that teaches the days of the week with different foods in the form of a story and a song. It also uses different animals and the text is repetitive.</p>	<p>3-5 years</p>	<p>Great art work. This can be used to teach math skills, different animals, and foods. The repetitive text builds memory and can implement body movement.</p>
<p>Frog Goes to Dinner</p> <p><i>Mercer Mayer</i></p>	<p>Dial Books for Young Readers (paperback)</p> <p>E P Dutton (hardcover) 32 pages</p>	<p>Having stowed away in a pocket, Frog wreaks havoc and creates disgrace for the family at the posh restaurant where they are having dinner.</p>	<p>6 months to 4 years</p>	<p>Wordless book! Good to work with prediction. Also funny!</p>
<p>Everybody Cooks Rice</p> <p><i>Norah Dooley</i></p>	<p>Lerner Publishing Group</p>	<p>A child searches the neighborhood to find his brother at dinner time and discovers how rice is prepared in different households according to a variety of cultural traditions.</p>	<p>5-10</p>	<p>Good for introducing children to different cultures.</p>
<p>Lunch</p> <p><i>Denise Fleming</i></p>	<p>Henry Holt and Company</p>	<p>One hungry mouse peeks out of his hole and sniffs... LUNCH! Children can guess what comes next.</p>	<p>Infant to preschool</p>	<p>Vibrant colors</p>

Resources for Family Centered Education Nutrition Picture Books

Libritos en Español e Ingles para hacer y leer-Spanish-English Little Books to Make and Read

Includes “little books” to copy on Grocery Shopping, Fruits, Vegetables, Healthy Snacks, My Teeth, etc.

Harcourt Trade Publishers www.harcourtbooks.com

525 B Street, Suite 1900

San Diego, CA 92101; Tel: (619) 231-6616

Publishes children’s books in English and Spanish (Libros Viajeros)

Scholastic Books www.scholasticbooks.com

Children’s books, big books and Spanish translations. NWA also has a partnership with Scholastic books to buy some books at discount.

Lakeshore Learning Materials

1-800-428-4414

Children’s chairs and tables, activity kits to accompany children’s books (*From Seed to Plant* and *Tops and Bottoms*), Let’s Go Shopping Food Baskets, Root-Vue Farm, Watch it Grow Window Greenhouse, Giant Food Pyramid puzzle, etc.

ChildCraft (www.childcraft.com)

1-800-631-5652

Catalog includes furniture for children, storage units for educational materials, supplies, books, music.

Neat Solutions (www.neatsolutions.com)

1-888-577-6328

PO Box 2432, Martinez, CA 94553

Catalog carries numerous children’s books and tapes all with a food or nutrition theme (English and Spanish), puzzles, felt boards, posters, bulletin board kits, stickers, fruit and vegetable stuffed characters, etc.

Just for Kids (www.just-for-kids.com)

1-847-803-8783

Variety of nutrition books and materials including books categorized by culture.

The Produce for Better Health www.5aday.com; www.shop5adaycatalog.com/acatalog

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Features a catalog of 5 a day materials from many states including books, education materials, posters, stickers, puppets, music

Healthy Kids Resource www.californiahealthykids.org

You can borrow many great nutrition education resources from them. Shipping is free to you; you pay return costs.

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